

DINNERLY



Italian Chicken and Sweet Potato Braise

with Warm Garlic Bread



30 minutes



2 Servings

Dive into this hearty dinner brimming with sweet potato, juicy chicken and a fresh hit of parsley. Mop up every last drop with crusty garlic bread.

WHAT WE SEND

- 1 onion
- 1 sweet potato
- parsley
- free-range chicken thigh fillets
- 5g Italian seasoning ¹⁷
- 2 garlic ciabatta bread ^{1,6,17}

WHAT YOU NEED

- 2 garlic cloves
- 125ml (½ cup) boiling water
- 1 tbs olive oil
- 2 tbs tomato paste
- ½ tsp sugar

TOOLS

- medium deep frypan with lid
- slotted spoon
- oven tray

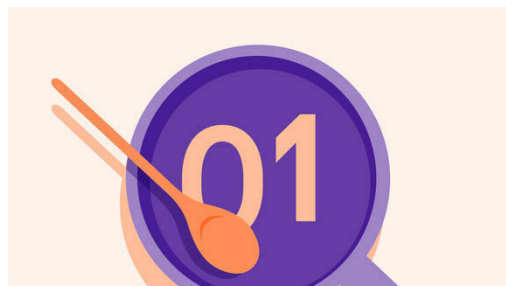
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

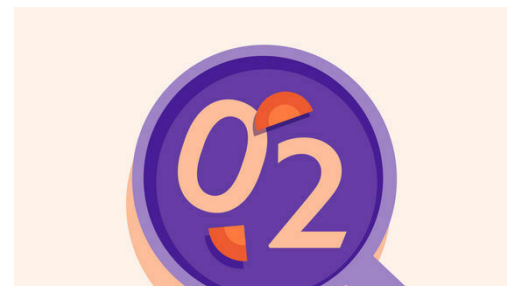
NUTRITION PER SERVING

Energy 505kcal, Fat 22.5g, Carbs 38.4g, Proteins 34.0g



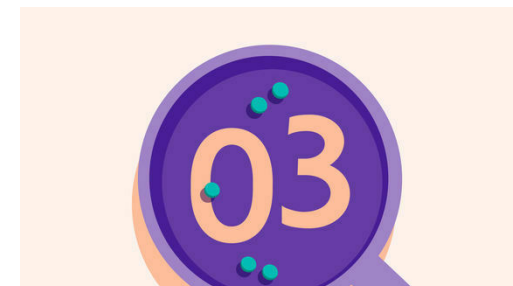
1. Prep ingredients

Coarsely chop the **onion**. Peel the **sweet potato** and cut into 2cm chunks. Pick the **parsley** leaves and finely chop the stems. Crush or finely chop **2 garlic cloves**. Cut the **chicken** into 2cm chunks. Put **1 tsp Italian seasoning** and **125ml (½ cup) boiling water** in a heatproof jug and stir to dissolve.



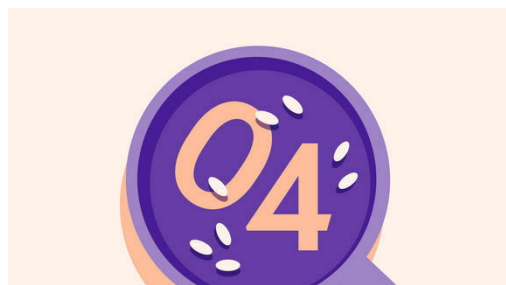
2. Pan-fry chicken

Put the **chicken** and ½ **tsp Italian seasoning** in a bowl, season with **salt and pepper** and toss to coat. Heat **1 tbs olive oil** in a medium deep frypan over high heat. Add the **chicken** and cook, stirring occasionally, for 2 mins or until browned. Remove from the pan with a slotted spoon, leaving the oil in the pan.



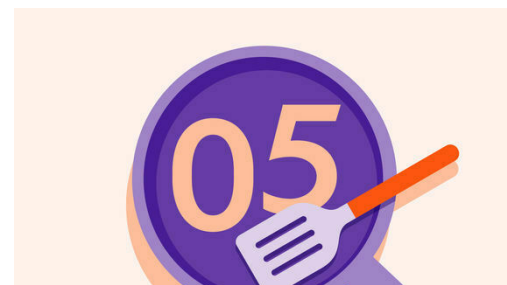
3. Simmer veggies

Return the pan to medium heat. Add the **onion, sweet potato, parsley stems** and **garlic** and cook, stirring regularly, for 2 mins or until the onion is softened. Add **2 tbs tomato paste** and cook, stirring, for 1 min. Add the **stock** and bring to a simmer. Reduce the heat to medium-low, cover and cook for 12 mins or until the sweet potato is almost tender.



4. Toast garlic bread

Meanwhile, preheat the grill to high. Put the **garlic bread** on an oven tray and grill for 2-3 mins each side until golden and crusty (see Make it yours).



5. Serve up

Add the **chicken** and ½ **tsp sugar** to the veggies and cook for 3-5 mins until the chicken is cooked through and the veggies are tender. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **braise** among bowls and scatter with the **parsley leaves**. Serve with the **garlic bread** and enjoy!



6. Make it yours

Prefer cheesy garlic bread? Sprinkle grated cheddar or parmesan over the garlic bread and grill until the cheese is melted and golden.